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stances the casein carries down with it but little fat and the cheese produced is a "lean" cheese, *e.g.*, some Dutch and German cheeses.

After being submitted to pressure, the cheese is allowed to "ripen." This process is brought about by the agency of bacteria and results in chemical changes in the casein which are not as yet perfectly understood.

The infiltration of cheese with the fat which it contains must always render it an article of diet not easily dealt with by delicate stomachs, for the fat forms a waterproof coating, which prevents the access of the digestive juices to the casein.

One reason for the disagreeable effects which cheese is apt to produce in the stomach is that, in the process of ripening, small quantities of fatty acids are produced, and these are always irritating. The addition of an alkali in the solution of the cheese will neutralize these and render them less harmful. It is only in the stomach that the difficulty of digesting cheese occurs; once in the intestine, it is absorbed as easily and completely as meat. Cheese is of high nutritive value. One pound of good cheese represents the total casein and most of the fat in a gallon of milk.



LIFE'S EXAMINATIONS

THOUSANDS of graduates are going out this summer from school and college with a keen sense of relief because examinations are over. They are greatly mistaken. They are entering on the period of examinations, but of what will be to them a new description. The school has asked them, What do you know? Life will ask them, What can you do? And Life accepts no excuses.

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Scholarship is not an end, it is a means to an end. The end is life—ability to serve and ability to enjoy. For to enjoy life is perhaps as important as to minister to it, and to be is certainly more important than to do. And yet these are not contrasted ends. For ability to achieve valuable service is the best test of character, and the secret of unfailing enjoyment of life in one's self is ability to minister to the life of others. These are the two questions which life is always putting to us, What capacity have you to do and what to enjoy? and every day is an examination day. The real test of a school or college is not, How much do its pupils know? but, How well equipped are they for joyous, serviceable living?—*The Outlook*.